

DIY Sausages: Pan Fried

Showing how to use my 0 point meat mixes to make pan seared sausages

One of the foods that you miss eating, when on this "eating healthier" journey... is sausage. Whether it's Italian Sausage, Louisiana Hot Links, Kielbasa, Bratwurst... dear Lord, you miss those a lot. They are delicious, but ooooh so high in points. You know what ISN'T high in points? ANY of the 15 (0 point) ground turkey meat mixes I have created, across my 5 cookbooks. In the following 3 pages, I'll instruct you in how to make your own 'caseless' sausages (sausages without natural casings), then cook in a pan or on a grill.

What You'll Need:

- 1 batch of ANY of my ground turkey meat mixes, **EXCEPT THE TACO MEAT** (recipes on pg. 24-26)
- Cooking Spray
- Plastic Wrap
- A tape measure or ruler, if you're totally anal about this stuff, like I am
- A hot pan (on a stove... obviously) 😊
- Water or beef broth

Directions:

- 1 Pre mix your preferred batch o' meat, then use a kitchen scale to separate it into approximately 3 ounce portions. I cannot stress this enough during this 'guide'... Wet your hands when mixing the meat, wet your hands when separating it into 3 ounce portions and wet your hands when rolling each individual ball.
- 2 Lay out a length of plastic wrap on your work surface or cutting board. Spray it with cooking spray, then wet your hands, pick up one 3 ounce portion and set it on the plastic wrap. Use your hands to shape the meat into a longer oblong, then continue stretching it out till it's a few inches long and 'log' shaped. Then... begin rolling it up into the plastic wrap and use your palm to continue stretching it out as you roll it back and forth, to create a uniform sausage shaped link.
- 3 When the link is 6 inches long, unroll the plastic wrap, then wet your hands again and remove the link. It'll be a little tacky, so... use your wet hands to roll it one or two times, removing the stickiness from it. Set the meat aside on a plate. Repeat this process till all links are rolled and ready to cook.
- 4 Heat a pan over medium heat for 1 minute, then spray with cooking spray and add the sausage links. Cook over medium heat, without moving them, for 2 minutes.
- 5 Spray the tops with cooking spray, then flip the links, add 1 Tbsp of water or beef broth and immediately cover with a lid. Cook for 2 more minutes, covered. Done.

Notes:

- **BATCHES:** If you are cooking them in batches, in 1 single pan (like I did here, 3 at a time), for your second batch, lower the heat down from medium, to juuuust under medium. That way the temperature in the pan will 'level off' and the heat will stay consistent-ish, rather than continuing to get hotter and hotter and hotter. If you overcook these, they get a very tough and wrinkly exterior.
- **WHY 3 OUNCES?:** That's pretty much the weight of most 'regular' sized store bought sausage links. It's ok if they aren't EXACTLY 3 ounces, but... use a kitchen scale and get them pretty close.
- **WHY ALL THE WATER?:** Remember the sticky meat hack? We do not want the raw formed sausages to be sticky, at all. Whether you are pan frying them or cooking them on the grill, you don't want them sticky. These sausages are not "in casing", so if they stick to your pan or grill, they will break apart and lose their shape.
- **GRILL PAN:** You can use this same process with a Grill Pan, if you'd like to have fancy grill marks without actually having to go outside to use a grill.



DIY Sausages: On The Grill

How to cook these 99% fat free sausages on a grill, without ruining them



You may be wondering why I have to TELL YOU how to grill these sausages, because common sense would say "put them on a grill, like any other sausage". Well, if you cook these like a regular sausage, they come out HORRIBLE. They overcook extremely fast, and if cooked over a direct flame/high heat, they develop a very firm, thin, unappetizing outer layer. The key, my friends, is cooking these with **INDIRECT HEAT!!!**

What You'll Need:

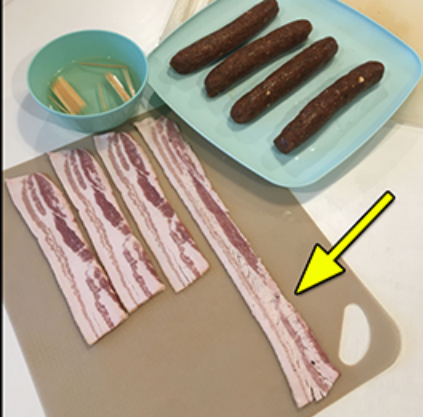
- 1 batch of ANY of my ground turkey meat mixes, **EXCEPT THE TACO MEAT** (recipes on pg. 24-26), already rolled/formed into 6 inch sausage links (*step-by-step guide is on pg. 44, in steps 1-3*)
- Water
- Cooking Spray
- Gas Grill with more than 1 burners (see notes for other types of grills)
- Some type of thermometer that can safely read the temperature in a closed grill

Directions:

- 1 Pre mix your preferred batch o' meat, and portion it into/make 6 (3oz) sausage links, just like on pg. 44.
- 2 Now, the part that requires thought on your part. You need to turn on your gas grill. Turn on all of the burners EXCEPT FOR ONE OF THEM!!! Look at my illustration. My grill has 5 burners, I DID NOT turn on the middle burner... you need to keep ONE of your grill's burners off. That is where you'll be placing your sausages, you do not want a flame under them when they cook. If however you have no choice... put that burner to the lowest setting possible. With that being said.... pre heat your grill so that it sits between 425-450 degrees with the lid closed. It is very important to try and get that temperature. Use a thermometer.
- 3 Once your closed grill is staying at the correct temperature, go grab your sausages. They will most likely be mildly sticky/tacky. Rub some water all over them, to remove the stickiness. They cannot be sticky when they go on the grill, or they will stick to the grills and be ruined.
- 4 Take your slightly wet sausages out to your grill. Spray the grill that does not have a flame under it with cooking spray. You won't risk flare-ups because there's no flame there. Spray the sausages, then place them onto your grill, on the area with no flame under them, and immediately close the lid. Cook for 3-1/2 minutes.
- 5 After 3-1/2 minutes, open the grill's lid, spray the top of the sausages with cooking spray, then turn them over. Close the lid immediately and cook for 3-1/2 more minutes. Done.

Notes:

- **CHARCOAL GRILL:** If you have a charcoal grill, you need to build most of your briquettes to one side, to create an area with veeeeeeery low heat under it. But heck, who am I kidding. If you own a charcoal grill, you know a whole lot more about cooking with indirect heat than us wimpy city boys with our propane grills :)
- **THERMOMETER:** Most gas grills now come with some type of built in thermometer, to tell you the temperature inside your grill, WHEN THE LID IS CLOSED. Once you close the lid, your grill turns into an oven a big, grown up version of an EZ Bake Oven. I cannot express to you how important it is to keep track of your temperature when making these. Gas grills can QUICKLY make their way up to 500+ degrees.



Pan Fried Bacon Wrapped Sausages

Yup... bacon wrapped kielbasa, on a bun, with peppes and onions is "plan friendly"

How can we POSSIBLY make nearly fat free sausages EVEN BETTER!?!?!? Why, wrap them in bacon of course! On this page I'll be showing you how to take my 0 point sausages (recipe on pgs 44-45) and wrap them in low calorie, lean bacon. In this case, I'm using 'regular' center cut bacon. NOT 'thick cut' center cut bacon. This page will walk you through the process of how I personally cook mine on a frying pan.

What You'll Need:

- 3oz sausage links, made from my meat mixes, exactly like steps 1-3 on page 44.
(In these pictures, I used my ground turkey 'Kielbasa' mix and oscar mayer center cut bacon)
- 1 slice of bacon per link, use 'regular' center cut bacon, or any low point bacon you prefer.
- 2-3 toothpicks per sausage link, to secure the bacon on both ends of the link.

Directions:

- 1 As noted, follow the steps on pg. 44 (steps 1-3) to form 3oz sausage links in advance. Set aside.
- 2 (For this guide, we will be using 'center cut bacon') Take each piece of bacon, and slowly and carefully pull and stretch them out, until they are nearly doubled in length. This will allow you to almost completely wrap one of the sausages, from end to end. You can see a stretched piece of bacon vs unstretched, in the 1st pic.
- 3 Lay out one piece of stretched bacon, then roll one of the links, at an angle, all the way up the bacon. It will take you 1 or 2 attempts of wrapping then unwrapping it your first time, till you get the hang of the proper angle to roll it up at.
- 4 Stick 1 toothpick through the very end of each side of the bacon, so that they won't curl up. Set aside, repeat till all the links are wrapped with bacon, pinned with toothpicks, ready to rock. Set aside.
- 5 Heat a pan over medium heat for 2 minutes. Spray with cooking spray and set as many links in as you'd like. Cook for 2 minutes, then turn the sausages over, cooking the opposite side for 2 minutes.
- 6 Remove the toothpicks, then rotate the sausages to cook them on one of the uncooked 'sides', for 1-1/2 minutes. Rotate to the very last 'uncooked' side of bacon and cook for 1-1/2 more minutes (yup, you're cooking all 4 sides). If you'd like any of the 4 sides a little bit more 'done'... feel free to turn that side back down to the pan a little longer, to crisp it up. Not all pans distribute heat the same, and some mire need more time.
- 7 Remove the finished sausage(s) to a paper towel and pat dry to remove any residual grease. Done

Notes:

- **BACON STRETCHING:** This step is awesome, however, it will not work with most Turkey or Chicken bacons. Stretching the bacon, as shown in the top left image, can only be done with bacon that actually has some real fat in it. CENTER CUT bacon is actual pork bacon, so it does have a layer of fat, which allows it to be stretched to the extent my picture shows. I recommend starting at one end of the bacon and using both hands to pull a small length of bacon apart, stretching it. Then move your hands further down the length of bacon and stretch it some more. Repeat till you get all the way to the end, then grab both ends and gently pull them apart, stretching the entire piece of bacon.
- **NO STRETCHY STRETCHY:** If you decide NOT to stretch the bacon (that'd be a cool band name), or if you are using chicken or turkey bacon... forgo that step and simply wrap your regular length bacon around the link. It may not reach as far down the sausage, but... it'll still be tasty. Plus, you can always add 1 more piece of your non stretchy bacon, though you'll need an extra toothpick.

